



Getting a Wii bit healthier

The new Nintendo game console helps people maintain a healthy lifestyle and still have fun.

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SPOKE

A learning newsroom for journalism students

The nature of political things

David Suzuki says Stephen Harper 'doesn't have a green bone in his body.'

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Criminals on campus!

LASA students play cops and robbers at annual consolidation exercise.

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Monday, March 5, 2007

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

39th Year — No. 8



Conestoga takes the *plunge* for Heart and Stroke

By ERIC MURPHY

Conestoga students braved the winter elements as they went for a quick dip in the college pond to raise money for the Heart and Stroke Foundation Feb. 15.

Even with -20 C weather on top of the bone-chilling water, students made the Polar Plunge another suc-

cess, raising \$4,700.

Kathy Gauci, the area co-ordinator for the Heart and Stroke Foundation in Waterloo Region, said Conestoga did an excellent job as usual.

"This is the 26th year Conestoga has participated in this event," she said. "While we're still waiting for some outstanding pledges to come in, students have

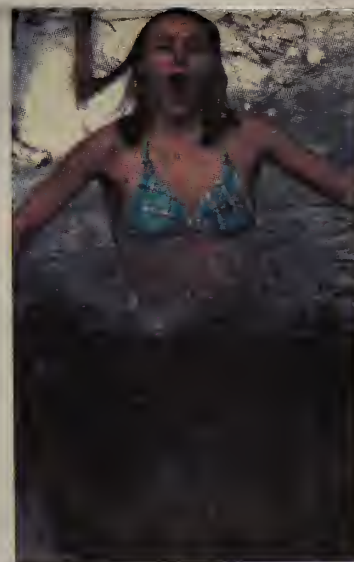
raised \$4,700 which will go to research and education in our community."

Lindsay Silva, the event programmer for Conestoga Students Inc. (CSI), which organizes the Polar Plunge, said the students' enthusiasm was amazing.

"Having the plunge in the pond this year instead of a little chil-

dren's pool made a huge difference," she said. "We had 25 out of 40 students that were signed up bear the freezing water and everyone watching loved it. It wouldn't have been such a success without all the help and support of the people involved."

Continued on Pages 10 and 11



Twenty-five brave souls participated in the 26th annual Polar Plunge, held by Conestoga Students Inc. on Feb. 15. They raised \$4,700, with some pledges still to come.



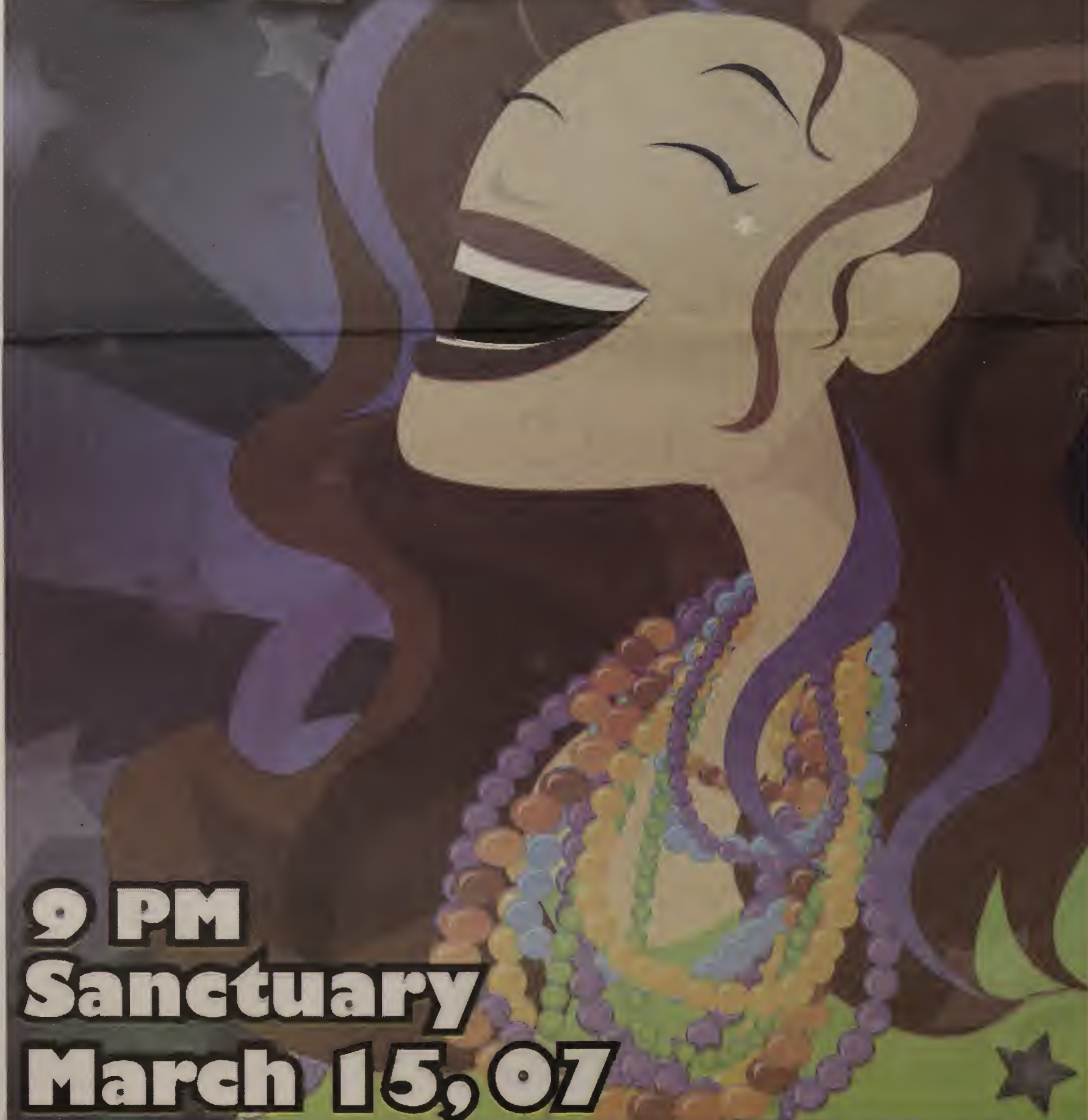
Photos by Eric Murphy and Meghan Kreller

Mardi Gras PUB

All ages
Proper I.D required

CONESTOGA
STUDENTS INC

9 PM
Sanctuary
March 15, 07



Now deep thoughts ...with Conestoga College

Random questions answered by random students

*If you could star in any TV show
what would it be and why?*

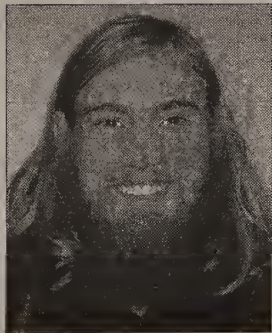


"ER, because I can be a nurse and not have to actually do the job."

*Julia Alvarado,
second-year nursing*

"David and Goliath, the cartoon. It's got to do with Jesus."

*Adam Degier,
second-year
information
technology
support services*



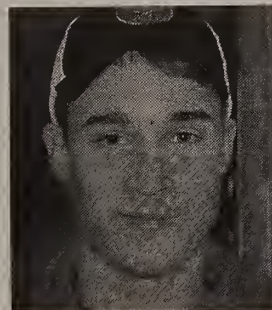
"The OC, because they live soap opera lives just like me, so I'd fit in."

*Michelle Martelli,
second-year
advertising*



"Trailer Park Boys, so I can be part of the big dirty."

*Andy Zippel, first-
year materials and
operations manager*



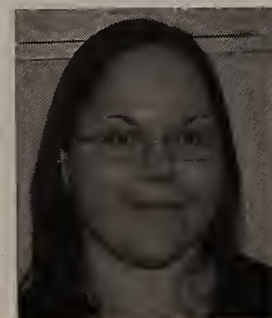
"Price is Right, so I can spin the big wheel."

*Sabrina Shiwpershad,
first-year nursing*



"House because I want to be a nurse."

*Melissa Richardson
first-year practical
nursing*



Smile Conestoga, you could be our next respondent!

Student health plan source of frustration

By CHRISTOPHER MILLS

Every summer, Conestoga College students look over their tuition statements for the upcoming year and discover a fee for the school's health plan. This past year, that fee was \$209.50 (\$104.75 per semester).

Traditionally, students who don't want the coverage, or who are covered elsewhere, can opt out of the plan by a set deadline and receive their money back. On the surface, this would seem like a simple process, but there are glitches that arise, making students wonder if there is a more efficient way to do things.

Cara Lichty, a second-year journalism student at the college, said she opted out of the health plan well before the deadline and still has not received her first cheque.

"It gets a little tiring that I'm not getting back money that would really come in handy considering the disgusting amount of debt I'm in," she said. "Not only that, but this is the time of year when I'm stressed out most with school work and the last thing I want to do is go argue ... about getting the money I definitely deserve."

Janie Renwick, CSI office manager and interim general manager, said if a student switches from full-time to part-time status, or provides the college with incorrect mailing information, then their cheques could be delayed.

"Other than that, I don't see a reason for not getting it," she said.

Lichty's issue raises a common question regarding the health plan: would it be better if the college used an opt-in policy, rather than

an opt-out?

Renwick said the college needs to send in a fixed number of students to the insurance company prior to the start of each year in order to set up the plan and receive a discounted rate for each student. To wait for students to opt-in would take time that isn't available.

"One of the reasons they do that is because when you go to an insurance company and say 'we'd like to offer this service to our students,' they say 'how many people are you putting on the plan?'" she said. "We say we need 6,000 students, so they give us a rate based on 6,000 students, regardless of whether they opt out or not. And it's a cheaper rate that way. For a student to pay \$200 for a year for health plan coverage, that is really cheap."

Lee Evans, a third-year journalism student at the college, is on the opposite side of things from Lichty. She had issues with opting her children into the plan.

"I went down Feb. 1 and paid the pro-rated amount to opt them in at that point in the year and the gentleman from CSI said it would be a few days until it was processed," she said. "I took them for an appointment Wednesday (Feb. 7) and the claim didn't go through."

Evans returned to her dentist the following week and the claim still would not process. She was informed the information still had not been sent from the college.

"I went down (to the health office) this morning and the guy says 'well, January's have already gone in, they go in at the end of January. February's usually don't go in until the end of the month there,'" Evans

said. "So I'm thinking to myself 'why wouldn't you have said that on Feb. 1 when I paid?'"

Renwick said everyone gets reimbursed for the money they spend, but sometimes there is a wait.

"We can't send our family enrollment in until after the February opt-out deadline because we have to confirm the student is actually a student at Conestoga, which is confirmed by the enrollment list," she said. "What we tell our students is, when you put your family on the plan, until you receive a card from the insurance company, everything is pay and submit. If a student gets a rejection letter, they bring it in to me and I send it to the insurance company. It's a timing issue, that's all."

Evans said she was not informed about how long things would take.

"What really puzzles me is why do they hold on to all those applications? If that's their policy, they need to let people know that," she said. "I opted my kids in so I could take them to the dentist and get service. Obviously, if it was an emergency, I would have gotten them treated regardless, but for a routine examination, it could have waited a couple weeks."

Renwick said all the applications for opt-ins and opt-outs are processed in September, January and February, and all students are informed of that.

"Some students just assume the day the put their family on the plan, they're covered. They are, but until they receive that card in the mail, everything is pay and submit," Renwick said. "A lot of students, we tell them that, but with everything that's going on, they just forget."

College hopes to stay on top

By STEPHANIE IRVINE

Conestoga College president John Tibbits said in a recent interview he's hoping the issues between college administration and CSI over the past few months won't affect the outcome of the Key Performance Indicator (KPI) surveys that just took place.

"It's hard to say if that will have an impact, but we don't go out trying to be No. 1," he said. "All you can do is be the best you can be."

The first KPI surveys were administered in the fall of 1998 and focus on four separate areas.

Graduate employment, graduate satisfaction and employer satisfaction data are all collected through telephone surveys conducted by Compustat Consultants. According to the Association of Colleges of Applied Arts and Technology of Ontario (ACAATO) website, these three KPI are used to distribute government transfer payments amongst colleges, also known as performance-based funding.

The fourth, student satisfaction data, is collected through college-administered surveys and calculated by Forum Research.

There is no funding linked to this area.

"KPI is the most formalized and comprehensive (feedback tool), but I encourage students to address issues as they come up with their program co-ordinator or chair."

*Kevin Mullan,
vice-president of finance and
administrative services at
Conestoga College*

"That way, students can take a more holistic view of things," said Kevin Mullan, vice-president of finance and administrative services at Conestoga College, and also a founding member of the KPI steering committee.

Mullan said students may feel pressured to give positive feedback about their school if they knew there was funding associat-

ed with the survey.

He added not all students are eligible to participate in the surveys. Students must be full-time, beyond their first semester and cannot be in continuing education, apprenticeships, etc.

Mullan said typically this means anywhere from 3,800 to 4,000 students out of 6,000 at Conestoga's Doon campus take part in the KPI surveys every year.

"This is a very reliable and accurate number (for results)," he said.

Students who don't take part in or don't qualify for the KPI surveys do have other ways to have their voices heard.

"This is just one of many feedback tools at the college," said Mullan.

"KPI is the most formalized and comprehensive, but I encourage students to address issues as they come up with their program co-ordinator or chair."

Tibbits said there isn't much difference between first, second and third place in the KPI ratings.

"Even when we've been rated No. 1 it's like you're always looking over your shoulder," he said.

Anti-Liberal ads are a joke, or are they?

When I first saw the Conservative TV ads attacking the Liberal party, I thought it was a joke. But time and time again they aired, and I realized that this slander was supposed to be considered legitimate political advertising. On a show like *This Hour Has 22 Minutes*, these ads might have been construed as humorous. Airing political mudslinging masquerading as political advertising is not, and should not be acceptable, or permissible. According to Stephen Harper, Stéphane Dion is "not a leader." Whether or not this is true is not really the point here.

It's sad the Conservatives have so little political ground to stand on that they feel the need to maliciously degrade their opposition.

The last time I checked, the purpose of political advertisements was to advertise your party's political campaign.

Therefore, a party's ads should be centred on their various policies and platforms.

Crazy idea, I know.

My favourite ad in this campaign repeatedly shows Dion saying that the Liberals must "get back into power as soon as possible," interspersed between sections of anti-Liberal propaganda.

I understand that repetition is a powerful and effective memory tool, but this is ridiculous.

The same clip of Dion is used no less than four times in a 30-second ad.

This vain repetition takes away from the seriousness of the piece, as it makes it seem like something you would see on a comedy show like *This Hour Has 22 Minutes*, instead of being part of a legitimate advertising campaign.

Try as we may, we haven't forgotten about you, so why must you shove your anti-Liberal mudslinging in our face?

The only thing this campaign will accomplish is wasting taxpayers' time and money.

It is situations such as these which would seem to justify the implementation and enforcement of laws which control when parties and candidates can launch advertising campaigns.

Perhaps these kind of laws could have stifled the insult to democracy that is the anti-Liberal ad campaign.

Or, perhaps Canadian politicians are just doing what their American counterparts have been doing for years. The Americans might call this kind of unprofessional advertisements, "freedom of speech," or even "fair," because other American parties also air these kinds of ads.

Whether or not something is fair does not make it right.

Canadian politicians need to return to some sense of decency and honesty.

It's sad the
Conservatives have
so little political
ground to stand on
that they feel the
need to maliciously
degrade their
opposition.



The Tories should stick to legit advertising and leave the comedy to the pros

Hurry up global warming

Despite the tardiness of this season's winter weather, the snow has finally arrived.

While some people see snow as beautiful, clean and full of potential playful pastimes, I see the plentiful piles of frozen precipitation as annoying as a pimple on prom night. Although my winter woes could fill a football stadium, the following are my top 10 reasons for despising the snowy season.

10. Cleaning the car - Spending five minutes in the cold brushing, scraping and chipping away the ice and muck off your car before you head out is no walk in the park.

9. Wet feet - Stepping onto what appears to be a sheet of ice, only to find out it is really a puddle incognito.

8. The temperature game - First it is too cold, and then it is too hot. Whether in the house or car, we cannot count on Mother Nature to set the temperature in the winter months.

7. Shovelling snow - This back-breaking burden is far more difficult to endure than its summer cousin,



BJ
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Opinion

mowing the lawn, and we have to get it done in the cold.

6. Slipping on ice - Unless we want to end up face-first in a snow bank, we have to be as sure-footed as a mountain goat when walking on Canada's ice-covered terrain.

5. Bundling up - Talk about what not to wear. There are quite a number of articles of winter clothing that would make even the most delicious divas and handsome hunks look like five-year-old kids. Guys, good luck trying to pick up a honey while wearing a toque and a pair of mukluks.

4. Driving in the snow - Compared to our neighbouring Hamilton and Halton regions, Waterloo never seems to have any main roads cleaned off before noon. Not to men-

tion, finally getting to the college only to find there is no parking spots left since everyone else had to park so haphazardly due to a lack of snow removal on the property.

3. Getting sick - Colds, the flu, the sniffles, allergies from being inside all day and even Seasonal Affective Disorder (SAD), for these ailments and then some, winter is a breeding ground for all sorts of diseases which affect both our physical and mental well-being.

2. Left in the dark - We leave the house in the dark and we get home from work in the dark. With spending the only daylight time at work or school, the winter seems to be an endless era of the dark ages.

1. Being locked up - In order to avoid the winter weather, we spend most of the season indoors, and the time we are outside we are usually hastily hustling to our next heated habitat.

For these reasons and more, I am left anticipating global warming, hoping it will come to my rescue and heat up my winter blues.

Spoke

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X-rated bingo draws a crowd

Safe sex promoted at event

By TARA RICKER

Bingo X-rated? Some may view it as so, especially when sex toys are involved.

Conestoga College students had a chance to spice up their Valentine's Day thanks to Sex Toy Bingo, an event hosted by Conestoga Students Inc. (CSI), which took place on Feb. 14 in the Sanctuary.

"The event was a great success and we could not have asked for a better turnout," said Roxy Stanciu, CSI's vice-president.

"CSI puts on a wide variety of activities that may not appeal to everyone. If someone feels that one of our activities is offensive then they don't have to participate."

*Roxy Stanciu,
CSI vice-president*

CSI found that not everyone was in support of the event, after they received a complaint from a student's parent prior to the event.

Stanciu said the parent stated that she thought the event was inappropriate and offensive.

"CSI puts on a wide variety of activities that may not appeal to everyone," said Stanciu. "If someone feels that one of our activities is offensive then they don't have to

participate."

Other than the one complaint, there was nothing but positive comments from students around the college toward the event, she said.

Some of the prizes that were handed out consisted of lubricants, sexy dice and vibrators.

Keshia Griffiths, a first-year accounting student, was one of two students who shouted out bingo simultaneously. The tie was broken by the two students vocally reenacting their best orgasm.

The crowd voted for the winner by applause and Griffiths ended up winning the game and went home with a handful of X-rated goodies.

Representatives from the AIDS Committee of Cambridge, Kitchener, Waterloo and Area (ACCKWA) were also present at the event promoting safe sex.

They quizzed students on their safe sex knowledge and were selling packages containing condoms and lubricants for \$1.

"Getting students to talk about sex is important because the only way to become educated on a subject is by talking about it," said Kristina Mena, a community education co-ordinator for ACCKWA.

Mena said holding an event like Sex Toy Bingo is beneficial because it allows individuals who would normally be too shy, to break out of their shells and ask questions.

"Sex is everywhere in today's society and it is important to be able to discuss it in an open manner," she said.



(Photo by Meghan Kreller)

Susan Milton, left, vice-president of the Alumni Association, and Monica Himmelman, director of development and alumni relations, sold carnations inside Door 5 on Valentine's Day. Three hundred red, pink and white carnations were sold to Conestoga students, faculty and staff.

Alumni flowers bring smiles

By MEGHAN KRELLER

Hundreds of days were brightened on Feb. 14 thanks to the Alumni Association's annual Sealed with Alumni Kisses (SWAK) flower sale.

For more than 10 years, SWAK has been a Valentine's Day initiative in order to raise awareness of alumni services. On this year's day of love 300 cellophane-wrapped carnations were sold to Conestoga

students, faculty and staff.

"We do this to let people know we are here," said Monica Himmelman, director of development and alumni relations. "It's just a fun way to do it."

Customers paid \$2.50 for a red, white or pink carnation, which were sold just inside of Doors 3 and 5.

Himmelman said that in years past they used to make money from the event. However, now that

the price of flowers has gone up, they either break even or will put some money into the initiative if necessary.

"We wanted to keep it affordable for students," she said. "It's not about raising money, it's about raising awareness."

Even when the event turned a profit the money always made its way back to the college and the students, via student bursaries, for example, said Himmelman.

CSI flips back to coin-operated photocopiers

By ALEX MCNANNEY

Some students could be in for a shock when they attempt to use their student cards to pay for photocopies.

CSI has changed the method of payment, opting to return to the coin-operated system.

"We found students thought the

coin system was more convenient," CSI president Matt Jackson said.

The student card system that was used was like a gift card. Students could put money on their card and then swipe it at the photocopying machine to pay the fee.

Jackson said there was another reason why CSI decided to make the change.

"Our revenues from the photocopiers were down from where they were when the coin-operated system was in place," Jackson said. He added they put up flyers to warn students who had put money on their cards, and have been flexible with people coming in to ask about their money.

Janie Renwick, CSI office man-

ager and interim general manager, said any students who haven't claimed their money can still go to CSI, and they will talk with them to try and resolve the issue.

But, she feels students should have been able to get in before the Feb. 21 deadline. "We put up signs two weeks in advance, so students have had ample time."

IT program lends a hand to low-income women

By PEGGY O'NEILL

In 2002 Conestoga College began a partnership with the Ontario Women's Directorate, which allows the college to run a 42-week, funded IT program for women.

The Information Technology Training for Women program is designed to help women obtain fundamental skills in a number of areas including Windows, Word, Excel, Access, PowerPoint, health and safety, electrical/electronics, customer service, networking, job search and technical documentation.

It provides the students with the skills needed to become employed

in an entry level position in the information technology sector.

Connie Boyd, program co-ordinator, said the program is strictly for low-income women who are entering or re-entering the workforce, unemployed or underemployed.

"For women to apply for funding, they must provide me with their 'total family gross income' from last year," Boyd said.

From there the Ontario Women's Directorate has an income eligibility criteria chart which determines whether a prospective student qualifies or not.

The program has a capacity of 18 women and Boyd said the next intake will be April 23.

"We also hope to have a Sept. 10, 2007 intake as well."

"For me, this means I can buy a house eventually rather than wondering how am I going to pay next month's bill?"

*Jodi McNichol,
single mother of three*

The 18 students will spend 32 weeks in a classroom pushing through intense Internet training, customer service and computer hardware.

After that they head out on a 10-

week job placement.

Their end goal is to emerge with an industry-wide A+ accreditation in computer hardware and the promise of a \$40,000-a-year job on a computer desk, in administration or in an office.

Jodi McNichol, 31, who is a single mother of three, has been enrolled in the IT program since September.

McNichol has a lot of enthusiasm and drive, which are important if students are to get through the program and reach their set goals.

"For me, this means I can buy a house eventually rather than wondering how am I going to pay next month's bill?" she said.

ROGERS
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↑ **Top 10**
RealTrax™ ring tunes

Week of February 19

1. I Wanna Love You
- Akon
2. Ice Box
- Omarion
3. Irreplaceable
- Beyonce
4. Lips of an Angel
- Hinder
5. On The Hotline
- Pretty Ricky
6. Poppin'
- Chris Brown
7. Promise
- Ciara
8. Shortie Like Mine
- Bow Wow
9. Throw Some D's
- Rich Boy
10. Money In The Bank
- Lil' Scrappy

Text "PLAY" to 4800 on your Rogers wireless phone to download your favourite ring tunes today.

Unlimited Music
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\$20
LOAD UP YOUR 4GB MP3 PHONE.

Students rewarded for beating the blues

By MEGHAN KRELLER

Thirty lucky students received prizes after visiting the atrium on Feb. 14.

Counselling services' second annual Beat the Blues event attracted visitors with catchy island music, information on self-care and a chance to win one of many prizes sponsored by various areas in the college.

"We were just thrilled with the response we got from the school for the raffle prizes," said Rick Casey, Conestoga counsellor and member of the Beat the Blues committee.

"Everyone was very supportive."

Prizes from the raffle included gift certificates to Chartwell's and Tim Hortons, two extra-large pizzas from O.T.'s sports bar, two movie passes from CSI, 2 Maple Leaf tickets from alumni services and T-shirts and water bottles from the bookstore.

The raffle, however, wasn't the only reason three counsellors

encouraged students to visit their booth.

"The event is to shake things up a bit at a time where people may be feeling a little down," said Casey. "We have a lot of great information to help students get excited and up again."

Counsellors encouraged students to take hand-outs on subjects such as ways to nurture yourself, recognizing signs of depression and seasonal affective disorder. Casey said it was a perfect time to hold the event, around mid-terms and right in the dead of winter.

"People can react negatively to things like stress and lack of sunlight," he said.

Beat the Blues was held in the atrium this year to try and get students more familiar with the new area of the college and counselling services' new facilities, Casey said.

"Anything we can do to get students down here and become familiar with the new area is great," he said. "We want to get our services out there so students don't feel awkward asking."



(Photo by Meghan Kreller)

Rick Casey, Joan Magazine and Lynn Robbins White are all counsellors at the college and on the committee for Beat the Blues, an initiative that focuses on self-care at a time when students may be feeling down.

Forgiveness the theme of Amnesty Day

By VANESSA BUTLER

Around this time of year, things can get pretty hectic. Tests and essays need to be written, exams need to be studied for, projects need to be completed and library books need to be returned.

During the hustle and bustle of the school day, a student can easily forget the due date of their borrowed library book.

To help out the learning resource centre held Amnesty Day on Feb. 14.

"Things are stressful around this time of year, and we want to show students how much we think of them," said Sue Czubak, who works at the circulation/reserve desk in the learning resource cen-

tre. "The students have so much on their minds; this is our way of appreciating them."

"The students have so much on their minds, this is our way of appreciating them."

*Sue Czubak,
learning resource centre staff*

The word amnesty traditionally means forgiving. On Feb. 14, students could return their overdue library books and not pay fines. This year, the first ever Amnesty

Day took place on Feb. 14.

When asked why Amnesty Day was held on Valentine's Day, Czubak said, "Everybody deserves to be spoiled on Valentine's Day."

If you missed returning your overdue items on this day, you can avoid fines and renew borrowed material in the future by going online. Students can access the site from a home computer with a PIN number. Students can receive their PIN from the circulation desk in the LRC. Students can also leave a voice message with the LRC, or renew their material in person as long as they have their student card. For every day that a book is overdue, a student will be charged a late fee that ranges from 50 cents

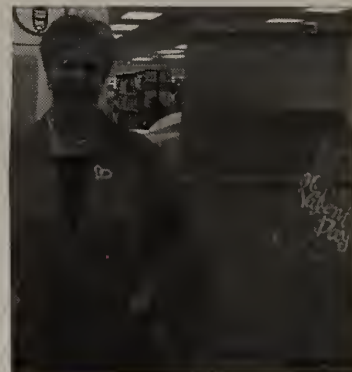
to \$2, depending on the type of material that was loaned out.

The LRC is also open on Saturdays from 1-4 p.m.; if a student has a book due on the weekend, it is expected to be returned.

"Overall, there was not a lot of response," said Mandy Macfie, a library technician at the learning resource centre. "I think it had to do with the lack of publicity the event was given, but we'll definitely do it again next year."

Macfie said just over 12 students took advantage of the day, with only one hefty fine of \$18 being forgiven.

She said it is important students bring back their borrowed material on time, so other students have equal opportunity and access to it.



(Photo by Vanessa Butler)

Sue Czubak, who works in the learning resource centre, poses in front of a Valentine's Day card written to the students on Amnesty Day.

Diversity offered at rec centre

By CARA LICHTY

Conestoga College's recreation centre offers many different activities so that there is something for everyone regardless of what kind of workout you are looking for. And as a Conestoga student, you're automatically equipped with a free membership so you might as well take full advantage of it.

The centre holds special classes on each day of the week, Monday through Thursday, to give as much variety as possible to the students and members. Classes range from an intense hour-long Cardio Pump workout to a core strengthening workout like pilates.

The centre also offers open skating on Mondays from 12-2 p.m.

Katie McCartney, who works at the front desk in the centre, said that despite the availability of open skating there are not an overwhelming number of participants.

"There are a few regulars who always come out Mondays to skate, but it would be really great to see more students coming out," she said.

If skating really isn't your thing and you tend to have a more competitive streak there are many inter-collegiate and intramural sports you can join. Sports range from women's indoor soccer to badminton for intercollegiate athletics, and flag football to co-ed volleyball for intramurals.

For those of you who like to workout after a class at your own pace, there are the centre's cardio, weight and Nautilus rooms and the college even has personal trainers available to help you if necessary.

Conestoga College's recreation centre has much more to offer than most students know. For more information and the centre's hours call their information hotline at 519-748-3565 or visit www.conestogac.on.ca.

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EMPLOYERS WANT YOU! MEET WITH BUSINESSES IN YOUR FIELD OF STUDY AND SECURE YOUR DREAM JOB!

Graduate, Summer & Co-op Positions Available

March 21, 2007 @ 10:00 - 1:00pm E WING

&

March 22, 2007 @ 10:00 - 1:00pm E WING

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Suzuki asks, if you were prime minister, what would you do?

By STEPHANIE IRVINE

A passionate David Suzuki appealed to a packed house at Hagey Hall in Waterloo to change their environmentally-damaging ways.

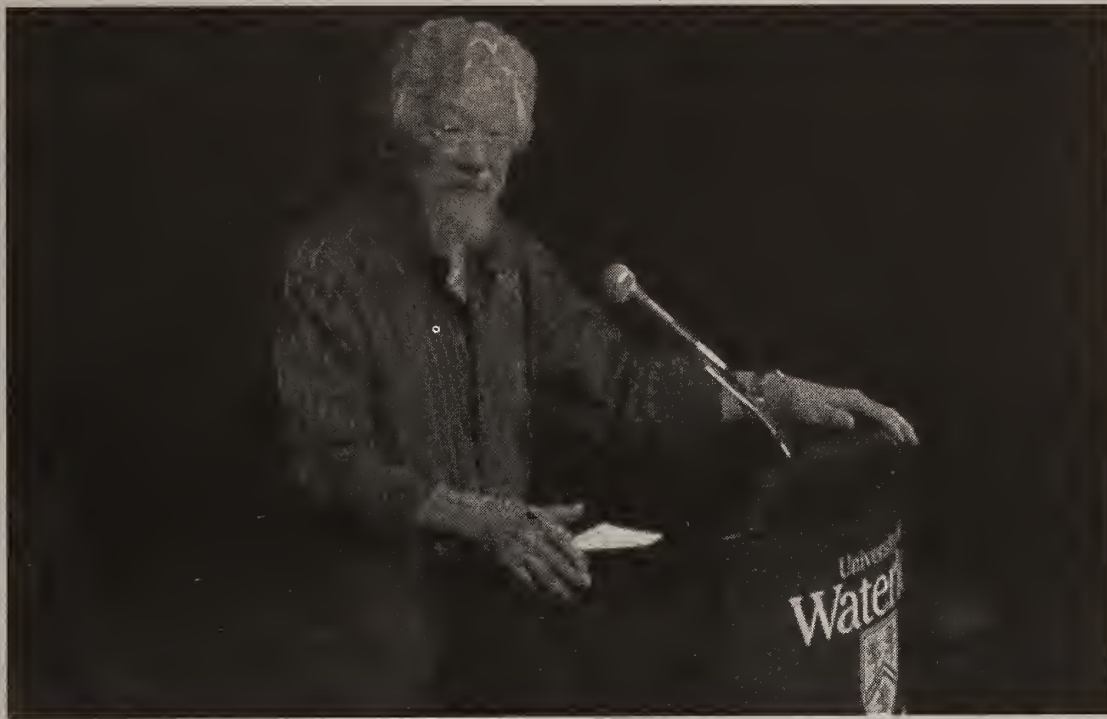
"This is the defining moment in the history of our species," said the 70-year-old scientist. "Humans have incredible foresight. We can deliberately choose today to avoid the dangers (we face) and exploit the opportunities."

The Feb. 13 lecture was just one of many stops across the country in his latest road show, *If You Were Prime Minister, What Would You Do?*

Nearly 700 people bought \$5 tickets to the sold-out show, and gave a standing ovation at the end. Others watched via a live broadcast at locations across the region.

"We have this moment where public concern (about the environment) has finally percolated into the political arena," said Suzuki. "We've got their attention, and now the critical thing is to keep that attention."

Suzuki said the only reason Stephen Harper is paying any attention to the environment is because the public is making him.



(Photo by Stephanie Irvine)

David Suzuki addresses a sold-out audience at the University of Waterloo on Feb. 13. The lecture was part of his *If You Were Prime Minister, What Would You Do?* road show.

"There isn't a green bone in his body," he said of Harper. "But he's a politician and he hears what we're saying."

He challenged governments to put the plight of future generations on the agenda, and ask how legislation will affect them before passing

anything.

He said many people ask him what can I do, I'm just one person? He said simply if you're not part of

the solution, you're part of the problem.

"You may be just one drop in the bucket," said Suzuki. "But with enough drops, you can fill any bucket."

He said he is asking Canadians to make small changes in their daily lives that will have enormous impact on climate change.

Give up meat once a week. Don't drive your car one day per week. Get educated and stay informed.

"We're challenging Canadians to sign up and make a commitment to do at least three of the 10 things (listed on david Suzuki.org) in the coming year," he said.

He added he wants one million Canadians signed up, and has more than 250,000 already.

"I figure if Rick Mercer can get a million and a half voters to vote to change Stockwell Day's name to Doris Day, we can get a million people signed up to take the Nature Challenge," he said.

Suzuki said he hopes this will be the beginning of a conversation that will go on, not just for weeks or months, but for many years.

"Please carry on the conversation, and hold every person running for office accountable for action in the coming years," he said.

Lose weight while playing Nintendo

By JESSICA BLUMENTHAL

The days when playing video games was merely a leisurely activity are now gone.

Now gamers are exercising and losing weight while spending time playing with their game consoles.

Luke Brake, 23, of Guelph, has dropped out of the gym club and joined the Nintendo Wii club.

Brake added 30 minutes of play-

ing one of the sports games, such as boxing, that comes with the console to his daily activities and has seen positive results.

The Guelph resident said he got the idea from a U.S. resident, Mickey DeLorenzo, who decided to try losing weight by playing Wii.

"At first I thought it was all just a rumour that you could lose weight by actively playing Wii, but it actually works."

Nintendo came out with their interactive game console, Wii, at the end of 2006. Wii operates with sensors in a bar that goes on top of the TV and in a hand-held remote. The player's movements with the remote are registered by the sensors on the TV which are then mimicked by the character in the game.

Brake ice skates and takes Aikido lessons every week for exercise but he enjoys playing his games.

"It's a lot of fun and I didn't start playing it to lose weight, it was just a positive side-effect."

So far he has lost five pounds in four weeks without changing any eating or exercising habits.

Wes Hodgson, manager of Popeye's Gym in Kitchener, said any form of physical activity is good but questioned whether we want to be teaching people to play games versus getting involved in the actual activity.

"We should be encouraging people to go out, socialize and partake in the real-life version of these games. Instead of playing a boxing game, why not go out and box?"

Hodgson sees a few flaws in staying inside to lose weight instead of getting out of the house.

"If you play Wii instead of going to a fitness club you're losing out on the social advantages, the expertise and support. When going to a club you will learn how to do the activity properly in a well-rounded environment."

The other problem with choosing to lose weight with a game console is that person might not be losing the right weight.

Hodgson said you don't build any muscle when playing Wii and all factors in the weight loss must be

assessed.

Farjab Iravani, marketing manager for Nintendo Canada, said Nintendo isn't involved or endorsing the weight loss plans of their consumers.

However, Iravani said the system does break down the barriers between the physical self and the game.

"The beauty is that it is flexible with game play. You can sit on the couch or stand up and get into the game."

There aren't any other systems out there like Wii. As technology got more advanced, it was harder to play games because the controllers had a lot of buttons. Nintendo planned on making a game that people could just pick up and play without having to learn what each button did.

The company's hope is that people will play and enjoy the system.

They don't have any plans to sponsor players.



(Photo by Jessica Blumenthal)

Guelph resident Luke Brake, 23, has lost five pounds in four weeks using the Nintendo Wii.

Promising changes in the year of the boar

By HOLLY FEATHERSTONE

The Chinese year of the fire boar, which began on Chinese New Year, will be a productive year for everyone on an individual and joint basis, according to an information session held at the Kitchener Public Library Feb. 12.

Bryan Trussler, professional astrologer of both Eastern and Western zodiacs and host of the session, said 2007 will be an industrious year which embraces the exemplar traits of the zodiac fire boar.

"Generally this kind of year will be easier for everybody, regardless of your (zodiac) element," said Trussler.

Eastern zodiac is the most primal horoscope system, dating back to 2637 BC and founded by Emperor Huang Ti, according to www.chineseastrology.com. Ancient practitioners sought omens for future

predictions using astrology methods.

The Chinese zodiac, based on the lunar calendar, is a 60-year cycle in which every year is comprised of 12 symbolic animals, the boar being the 12th and final animal among the cycle.

Parallel to Western astrology, it is believed that people inherently possess specific qualities associated with the animal representative of the year under which they are born.

Trussler said the boar is identified with hard work, relentlessness and purpose. People born in the year of the boar tend to bear these traits and those who weren't can still enjoy the benefits the boar will deliver for 2007.

"The boar gets a lot done in a sense," said Trussler. "It's a very helpful animal and the least likely to retire."

One of the five Chinese ele-

ments is also applied to each animal to further establish its characteristics.

The elements include metal, wood, water, fire and earth. Elements are additionally conducive in generating yearly predictions. This year, the fire boar could evoke dynamic changes, since fire is symbolic of energy, competitiveness and vigour, according to www.wikipedia.org.

"It's a fire year for everybody," said Trussler, "(which means) we'll be able to (carry) out this year's tasks."

Furthermore, the five elements are indicative of the changing seasons in a lunar year.

Trussler said the year will commence in a disorderly fashion because the first season, represented by the element wood, is not harmonious with the fire boar, figuratively denoting chaos.

The mid seasons (fire, earth and

metal) will be more plausible, yet disruption may become apparent again at the end of the lunar year when water, the concluding season, will douse the fire boar.

"The middle three (seasons) are the happy ones," said Trussler. "The (outer) two are the frustrating ones."

With regards to annual forecasting, Trussler said 2007 will be the final year of change among global affairs before a stalemate period ensues until 2024, the year of the wood dragon.

"It's the last year to make real peaceful changes before things freeze into place," said Trussler.

Trussler noted there won't be any major improvements in free trade, environment and peace-keeping efforts for the next 17 years unless changes are implemented this year.

In addition, he said the conflict in Iraq will likely continue if a

logical conclusion isn't reached.

In Canada, Trussler said Stephen Harper, born in the year of the boar, will see a climactic year in his political career, though it is unknown whether it will be in Harper's favour or not.

"It's Stephen Harper's year," said Trussler. "(There) will be something in the news (about him), but will it be good or bad?"

In addition, this year Liberal leader Stephane Dion, born in the year of the sheep, may expect change to surface in his career.

"The sheep is a friend of the boar (Stephen Harper), which may benefit (Dion)," said Trussler.

He said though 2007 may be a pivotal year for change, boar years typically do not have repetitive qualities.

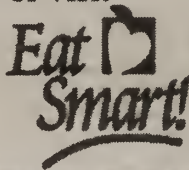
"There aren't strong patterns in boar years," said Trussler, "but 2007 will be a good year, enjoy it."

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(Photo by Holly Featherstone)

Yummy treats for sale

Third-year civil engineering technology students from left, Carlos Argueta, Adam Dickieson and Corey McPherson, oversee a bake sale on Feb. 13 to raise funds for their awards banquet.

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LunarFest celebrates the Chinese New Year

By ERIC MURPHY

Waterloo Region residents were treated to an evening of music, dance and theatrical performances at the Mandarin LunarFest Feb. 15.

The concert, which was held at the Humanities Theatre at the University of Waterloo, was in honour of the Chinese New Year. The occasion was celebrated with traditional Chinese music, traditional dance and modern adaptations of traditional performances.

The Chinese New Year is based on the lunar calendar in which days, months and years are determined by the circulation of the moon.

Much like how Christmas is celebrated in western cultures, Chinese people celebrate the Chinese New Year with large traditional feasts, friends and family.

The 2007 Mandarin LunarFest was co-hosted by the Mandarin Student Union (MSU), the Taiwanese Student Association (TWSA), and the Chinese Student Alliance of Conestoga (CSAC).

Kuilin Wang, a second-year practical nursing student at Conestoga, and the director of the LunarFest, said he was happy with the night.

"After two months of organizing everything like lighting, sound, background projections and acts, the night turned out beautifully,"

said Wang. "Everyone really enjoyed everything."

Wang, one of the nine representatives from Conestoga involved in the concert, said he was also happy to see people of many different cultures enjoying the evening.

"Having cultural interaction and sharing in one another's heritage is how we learn," said Wang. "Events like this melt cultural difficulties."

Wang, who is also part of CSAC, said it's important for students of different ethnicities to reach out to their schools and communities for support.

"In our case it was easy to establish a network of support and friendship because school administrations and the entire school community at Conestoga provide a very warm and welcoming atmosphere for us and other international students to adapt to Canadian culture and keep our own heritages at the same time."

Norm Brandt, a first-year general arts and science student at Conestoga, and an extreme martial artist for Team Raize, said he was approached by members of CSAC to audition for the LunarFest after their performance at Conestoga in January.

"We were absolutely delighted and honoured to be asked to be part of something like the LunarFest,"

said Brandt. "We loved the idea of performing at an event celebrating a culture that has had so much influence on what we do."

Brandt also said getting involved and learning about other cultures should be a mandatory thing.

"I lived in Japan for awhile and the things I learned and experienced can't be compared to anything else," he said. "I didn't realize just how big the world is until I viewed it from a different cultural perspective. I learned more about myself the more I learned about other countries and cultures."

As far as the LunarFest went, Brandt said the fun and friendly atmosphere of the Chinese New Year carried from the performances to the backstage area.

"There was a strong feeling of family and community with nothing but encouragement from everyone from one performance to the next," he said. "Everyone was so warm and giving and treated us so well. The whole night was amazing."

Successful events that involve so many Conestoga students like the LunarFest should give all Conestoga students a sense of pride said Brandt.

"The ability of Conestoga clubs being able to grow to the extent they have in the community just shows that the amount of support Conestoga provides is phenomenal," he said. "It shows how great our international student program is and that Conestoga is about more than just academics which just adds to being the No. 1 college."



Team Raize, who perform extreme martial arts, were also in attendance at the Mandarin Lunarfest held at the University of Waterloo on Feb. 5. Much of their performance consisted of fight sequences, kicks, flips and jumps which promote an alternate way to keep fit.



Kuilin Wang, bottom centre, a second-year practical nursing student at Conestoga and the director of the LunarFest, poses with Team Raize. The team consists of Norm Brandt, centre, a first-year general arts and science student and computer programmer/analyst graduate of Conestoga, Dylan Dombroski, left, a 16-year-old gymnastics coach with the Cambridge Kips, and Aaron Cardoso, a Brazilian martial artist.

The University of Waterloo Chinese Dance Group performed several traditional Chinese dances at the Mandarin LunarFest held in the Humanities Theatre at the University of Waterloo on Feb. 15.



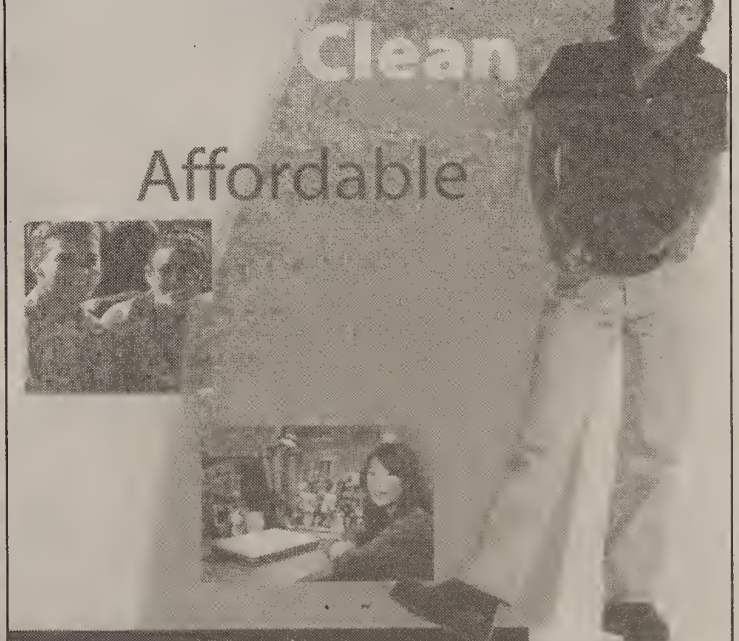
Members of the group include Lucy Gao, Elizabeth Wong, Tracy Ng, Emily Chan and Jane Cui.

Photos by Eric Murphy

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Bearing the cold at the polar plunge!



Above: Kathy Gauci, the area co-ordinator of the Heart and Stroke Foundation of Ontario for Waterloo Region, receives a cheque for \$4,700 from pledges. It was presented by Matt Jackson, president of CSI, and Roxy Stanciu, vice-president of CSI, Feb 15.

Below: A Conestoga student tippytoes her way to the edge of the pond as she prepares to take her chilly dip for Heart and Stroke.



Continued from Page 1

The plunge also provided an opportunity for participants to win a few prizes for themselves in a contest for the most colourful outfit, most creative and most risqué plunge. Troy Brundle delighted the crowd with his bright sombrero and poncho, winning the most colourful costume prize. Miro Paulo won the award for most creative pond entrance with a skin-stinging belly flop and Deb Murray won for the most risqué plunge.

The judges included Monica Himmelman, director of development and alumni relations, Carol Gregory, the director of student life, and Bert Last, of audio-visual in the Learning Resource Centre.

"This event is so appropriate for such a good cause," said Himmelman. "It pulls the college together; it raises the profile of Conestoga and our students. It's just awesome."

Troy Brundle, a third-year broadcasting student and the winner of the most colourful costume for the plunge, said it wasn't hard to show his support.

"It's my last year so I had to do it and my fiancé thought it would be ironic to dress up in a sombrero and poncho," he said. "It really felt good to do good."

As far as the actual plunge went, Brundle said the thought of getting into the freezing water was scary at first but it was a great experience.

"While I was sitting on the bottom of the pond I didn't think it was too bad but it's when you start coming up when the shock sets in," he said. "It's hard to keep your composure when you're getting out of the water but all the support made it really great and I would do it again."

Erik Must, a second-year woodworking technician student, did his initial jump and then thrilled the crowd with an encore show-stopping plunge.

"My toes were pretty cold after but it was all for a good cause," he said.

"I sure would do it again. The Heart and Stroke Foundation does great things and hopefully not, but they might save my life someday."



Above: Peter Benson, a first-year general arts and science student, gave his rendition of a Nestea commercial as he took the plunge in the icy water.

Left: Derek Yaremy, a mechanical engineering student, made a splash at this year's polar plunge with a cannonball.

Below: There's no backing out for this student as she falls into the freezing depths of the pond at Conestoga.



Photos by
Meghan Kreller &
Eric Murphy



Above: Conestoga students watch as Miro Paulo, winner of the most creative pond entrance, stretches out for his daring belly flop.

Top right: Troy Brundle, a third-year broadcasting student, shows why he won the most colourful costume as he takes a plunge in his sombrero and poncho.

Right: A Conestoga student takes a dive into the freezing pond to raise money for the Heart and Stroke Foundation.

Bottom left: The Conestoga crowd looks on as a student tentatively makes her way to the edge of the pond.

Bottom right: Troy Brundle celebrates after surviving his icy plunge.





Sparky the fire dog meets and greets young friends at the fourth annual ice dog's festival on Feb. 17 in Waterloo.

It's all gone to the dogs

By AMY MEADOWS

Chilly dogs are not happy dogs according to the humane society, but you wouldn't have known it at this year's fourth annual ice dog's festival in Waterloo.

Despite the cold temperatures and snowfall many people and pets showed up to be treated to live sled competitions, dog sled rides, army displays and children's activities on Feb. 17.

Families huddled around a tent serving hot dogs and warm drinks and watched the festivities.

Jennifer Toof, who has worked for the Waterloo Region Humane Society for five years, said there are usually more cats and dogs to find homes for in the spring, but the organization still has one big worry at this time of year.

"Our biggest concern this time of the year is the weather," said Toof.

"Although we are busier into the spring."

Toof said the shelter can hold approximately 150 animals at a time and said the cost of buying a dog is reasonable.

"It costs between \$215-250 for a dog," she said. "That does include the dog being micro-chipped, spayed or neutered and health insurance."

The humane society is featured at the festival every year.

Also at the festival was Janice Waechter, of Baden. Waechter breeds Alaskan malamutes, and says the festival is always a big hit, but nearly didn't go ahead this year.

"They were almost going to cancel it," she said, "because we didn't have enough snow in January. Nobody knew if it would be able to go ahead."

Waechter has been dedicated to

breeding Alaskan malamutes since 1993 and has been to the ice dog's festival since it began.

"I have six (malamutes) at home, and they are from the same family as the huskies," said Waechter.

She said the festival continues to be a big hit and said this is the only festival that she devotes her time to.

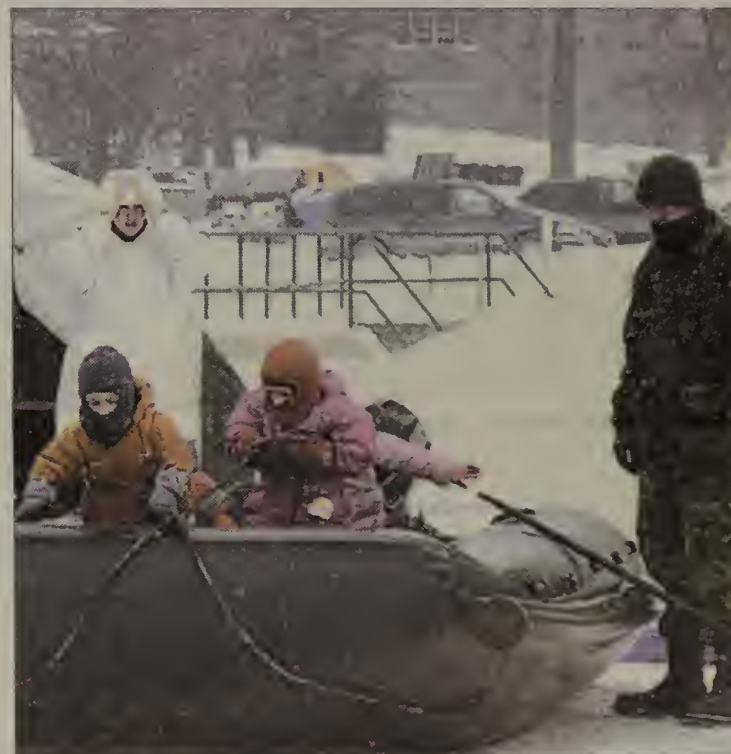
"People love coming here for the rides and activities. There are still usually people lined up when it is time to go home," she said.

The malamute is large, with a heavy, double coat, plumed tail and wolfish appearance. It is also the largest of the sled dogs.

Partners at this year's ice dog's festival included the UpTown BIA, the City of Waterloo, the humane society, the Waterloo Community Arts Centre and the 48 Field Engineer Squadron and 31 Combat Engineer Regiment.



Members of the 48 Field Engineer Squadron and 31 Combat Engineer Regiment brave the cold at this year's ice dog's festival. Kids had the opportunity to try on army gear and sit in the trucks as part of the army's recruitment drive.



Members of squadron and regiment supervise activities they were hosting at the festival.



Siberian huskies are known to work and live in temperatures as low as -60 C. They were originally bred by Chukchi tribes to pull sleds.

Photos by Amy Meadows

Healthy heart care starts at young age

There are steps people can take to prevent heart conditions

By SARAH JAYNES

More than 73,000 Canadians died in 2003 from a heart attack, and this number is increasing every year, according to the Heart and Stroke Foundation.

Last year, the foundation raised more than \$54 million to donate to hundreds of hospital- and university-based teams who depend on the money to continue their research.

"It is startling to see that many Canadians are unaware that even when you are younger you have to start taking care of yourself," said Suzanne Kienaple, a local volunteer and campaign team leader for the foundation.

"(Volunteering) only takes an hour or two out of your life but you know you are making a difference."

Meghan Meyers,

Heart and Stroke Foundation volunteer

Kienaple is one of thousands of Heart and Stroke volunteers who recruits other volunteers to collect donations around Kitchener-Waterloo.

"I am part of a committee who puts together the campaigning kits for volunteers," she said.

The foundation collects donations and campaigns year-round, but in the spirit of Valentine's Day, February is Heart Month at the foundation.

"We do campaigning in schools with Jump Rope for Heart and we get our volunteers active in the community, handing out flyers and collecting money," said Kienaple.

Canada had 140,000 volunteers this year, most of them high school and college students who start their

volunteer journey at a young age.

"I started volunteering when I was 15 years old, said 18-year-old Meghan Meyers, who still collects for the foundation every year.

"It only takes an hour or two out of your life but you know you are making a difference," she said.

Meyers said it was important to be aware that heart disease and strokes affect not only the elderly but young people as well.

"There are over 15 different heart conditions and if you catch the conditions early enough it is easy to obtain medication or surgery where necessary," said Meyers.

While some heart conditions are beyond our control, there are others that certain steps can help prevent.

Some of these steps include not smoking, not consuming excessive amounts of alcohol, maintaining a healthy blood and cholesterol level and, most importantly, being involved in regular physical activity.

"Even if it means taking a 15-minute walk or doing half an hour of pilates, it is important to keep yourself in shape," said Meyers.

Many Canadians who have experienced heart attacks in the past few years have had a better chance of recovery thanks to new advances in research and technology, however, many still continue to suffer a second heart attack.

"The good news is that we can expect to see more advancements in the next few years, however, the cost of research keeps increasing," said Kienaple.

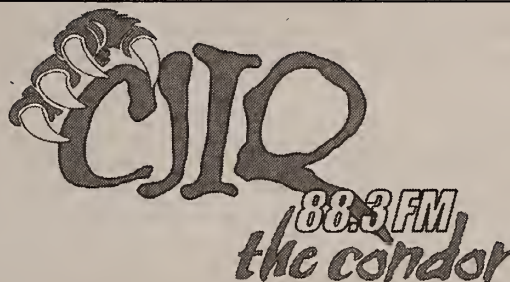
"More funds to continue research is extremely critical."

This year K-W is hoping to raise at least \$320,000 locally to donate to the foundation.

If you are interested in becoming a volunteer or making a donation, visit www.heartandstroke.ca or call 1-888-HSF-INFO.



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(Photo by Sarah Jaynes)

Meghan Meyers, 18, has been volunteering for the Heart and Stroke Foundation for three years. "I go door-to-door every February," she said.

Snow removal involves more than just sidewalks

By ROSS ALDWORTH

With the snow finally piling up outside, the City of Kitchener and Kitchener Fire Department are reminding residents of important snow-removal precautions that might be overlooked.

While most people take the time to clear their driveways and sidewalks, there are other areas to clear that some might not even think of.

According to deputy fire chief Tim Beckett, high efficiency water heaters and furnaces can

cause a buildup of carbon monoxide gas in the home if their outdoor vents become blocked by snow or ice.

Carbon monoxide is a colourless, odorless and tasteless gas that is poisonous and potentially lethal.

Beckett also asked homeowners to ensure that snow is cleared away from fire hydrants on or near their property to keep them easily accessible to emergency fire crews.

"You need to act fast in an emergency," said Beckett. "Having to waste time digging a hydrant out of a snowbank could cost someone

their home or even their life."

Not clearing sidewalks and hydrants of snow can have other consequences as well.

According to Kitchener bylaws, sidewalks must be cleared down to bare pavement and full width by 24 hours after a snowfall.

They should also be kept clear of snow and ice that may accumulate from drifting or thawing.

For those who fail to keep the way clear, fines averaging \$160 are invoiced to the property owner if a complaint leads to city works clearing the snow away.



(Photo by Adam Hannon)

Snow removal crews have been hard at work at the college this semester.

COUNSELLOR'S CORNER: Problem Gambling

Casinos, video lottery terminals, Proline, lottery tickets: the opportunities to gamble are everywhere. For many it feels like a harmless means of entertainment, but gambling becomes a problem when the behaviour begins to interfere with your family, personal or school life.

Gamblers Anonymous has a list of twenty questions to determine how gambling is affecting you. For example, how often do you go back to try to recuperate what you lost the day before? Have you claimed to win money that you really lost? Do you ever hide betting slips or lottery tickets from your family? After winning, do you have a strong urge to return and win more? These are just some indications that gambling is a problem in your life.

If you are worried that your level of gambling is no longer fun and you need help to stop, talk to a counsellor. Special community programs for people with gambling problems as well as self-help groups are available in our area. Like other addictions, problem gambling can destroy your life. Sadly, that's one thing you can bet on.

A Message from Counselling Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>

Cancer patient optimistic

By ALLISON STEINMAN

March is National Colorectal Cancer Month.

According to the Colorectal Cancer Association of Canada, 20,000 Canadians will be diagnosed with the disease this year.

Twenty-year-old Waterloo resident, Paul Charles, feels for them, since he was diagnosed late last year.

Charles said he doesn't know how long he's had colorectal cancer, which is cancer of the large bowel. Doctors discovered it during a routine appendectomy two months ago.

"At first it was hard, but now it's just a normal thing to me."

*Paul Charles,
cancer patient*

"For three days I just sat at home in my room," he said. "It was a hard thing to take; I had to give up playing hockey and my snowboarding trip in B.C."

Charles said he gets a lot of support from his friends and family.

"My parents are taking it really well, and lots of my friends have sent e-mails saying they'll be there

for me," he said.

On a bad day Charles said he experiences bleeding, cramps, diarrhea and fever and takes eight pills daily to keep his symptoms at bay.

"At first it was hard, but now it's just a normal thing to me," he said.

Despite the circumstances Charles has adopted an optimistic attitude about his illness.

"For the longest time I was in pain," he said.

"I also thought now I know what's wrong and I need to fix it, being down won't help me, I have to be strong and fight this."

Charles listed staying strong and positive as advice for other people dealing with cancer.

"Never doubt yourself and take it one day at a time," he said.

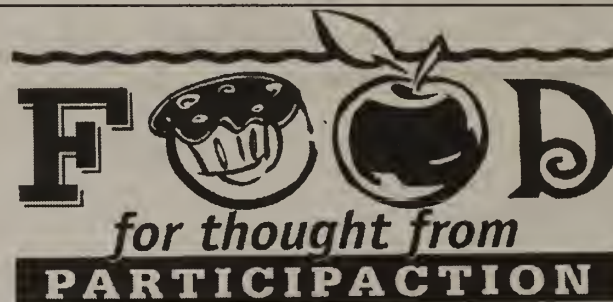
A close friend of Charles, Amber Rooney, 18, said she was shocked upon learning of her friend's illness.

"He didn't tell me at first," she said. "I ended up hearing it from a friend of his and then he admitted it and said he was really scared."

Rooney said although Charles is afraid, he's pretty strong when it comes to being sick.

"I just give him support," she said.

To make a donation to the Colorectal Cancer Association, visit www.canadahelps.org.



Couch potatoes? French fries? IT ALL ADDS UP!

Couch potatoes, not French fries, may be to blame for obesity. That was the catchy title of a recent article exploring the many factors involved in effective weight management.

We have long blamed improper diets for creeping weight gain. More a proper body weight, but active living is crucial, too. In fact, they are a dynamic duo.

The rate of obesity in children, teens and young adults is on the rise. With an increased intake of "fast and junk foods" combined with sedentary lives as a result of TV, computers and video games, generation "X" is quickly becoming generation "XI."

"Balance and moderation are what we need," suggests Judy Toews, a registered dietitian and author of a book on raising "weight-wise" kids. Toews notes, "Nothing we eat is absolutely perfect or entirely bad. It's simplistic to claim some foods are good for us, while others are 'junk.'"

All foods can fit into a healthy diet, but some foods must be eaten in moderation. Making small changes in your lifestyle can make a big difference in helping you reach your weight loss goals. Here are some ideas to help get you started.

In a journal, record everything that you eat and drink for the next 3 days. Be sure to include **what** you eat, **how** much and the **time** you eat. After the 3 days ask yourself the following questions

- 1 How often were you active?
- 2 How long did you do each activity?
- 3 Did you enjoy what you were doing?
- 4 How many "other" foods did you eat (those high in sugar, fat or alcohol)?
- 5 How frequently are you eating?
- 6 Were you really hungry or did you eat for other reasons (just because the food was there, you were out with your friends)?

Losing weight and keeping it off can be challenging. The key to successful weight loss and maintenance is a combination of following a low calorie, low fat diet and being physically active for 30-60 minutes per day. To make the necessary changes, begin by setting reasonable and specific goals. Monitor your progress to measure that the goals you set are reasonable, realistic and attainable.

Establishing healthy habits at an early age is essential. As the old adage says, "When it comes to bodies, there's only one per customer."

Your family doctor, a registered educator or community fitness specialist can provide more helpful information.

**Eat right
Exercise too
Ask your doctor
you**



Family takes a step for Alzheimer's

By JENN CURTIS

Some people become more forgetful as they get older. That is a normal part of aging. Alzheimer's disease is not.

In Canada Alzheimer's disease affects about eight per cent of people over the age of 65.

Alzheimer's gradually destroys a person's memory and their ability to carry out daily activities; such as talking, eating and going to the washroom. Alzheimer's can also change a person's personality, behaviour and emotions.

Unfortunately, there is no cure for Alzheimer's and there is no way to detect how quickly someone will progress through the stages. But if it's detected early there are treatment options that can slow down the symptoms.

Alzheimer's disease causes abnormal changes in the brain. It starts with the nerve cells, which control memory. The cells become damaged and eventually die.

Eventually, those who are affected are unable to care for themselves and need help with all aspects of daily life.

Alzheimer's disease is often referred to as a "family disease" because even though one person is suffering from the disease it affects the lives of friends and family. Caring for a person with Alzheimer's requires a lot of time and energy.

Christine Richardson and her

nine brothers and sisters lost their mother, Rita Evelyn Buck, to Alzheimer's disease 12 years ago on Feb. 18, 1995.

"Mom cooked, cleaned, nursed, entertained, laughed, cried, sang, danced and read stories to us," Richardson said.

"Then one day she forgot how to cook, clean, nurse, entertain, laugh, cry, sing, dance and read to us."

It was very hard to deal with sometimes, Richardson said.

"Day by day she crept into her own little world," she said. "Mom was scared, mad, nervous and afraid of us."

We tried to hang on to the memories by asking her about the past, her parents, family and friends, Richardson said.

Having a mother lose her memory before losing her health is hard to deal with.

"Sometimes she would remember our name, and it would give us hope," Richardson recalls. "We would think maybe she doesn't have this terrible disease. And then we would be reminded quickly that, yes, she does."

Richardson and her family have been doing the Alzheimer's Walk for Memories every year since their mother passed away. Their team is called the Rita Buck Team and so far their team alone has raised more than \$10,000.

"We are very proud as a family to do this walk," Richardson said.

"Hope today for a better tomorrow."

The walk is always the third Saturday of January.

"Mom, unforgettable, that's what you are," Richardson said with a smile.

Some early signs of Alzheimer's

disease are memory loss, difficulty performing everyday tasks, language problems, poor judgment, misplacing things, changes in personality, putting things where they don't belong, forgetting your name or days of the week, leaving the house and forgetting where you are

going and changes in mood or behaviour.

For more information on Alzheimer's disease, contact the Alzheimer's Society of Canada at 1-800-616-8816.

Or visit their website at www.alzheimers.ca.



(Photo by Jenn Curtis)

Christine Richardson (holding baby) and her family pose wearing their Alzheimer's Walk for Memories T-shirts. They have raised more than \$10,000 for Alzheimer's over the past 11 years.

Waterloo Region police cracking down on car thefts

By JENN SPRACH

Conestoga College, downtown areas and mall parking lots are all common targets for car thefts in the region, said a Waterloo Region police detective.

"The slightly higher rates in specific areas makes sense, because of the larger concentrations of vehicles," said Derek Doidge, of the auto theft branch.

By keeping your car in a garage, using The Club (a device to lock the steering wheel) and not leaving your car running in the driveway, you can help to prevent your car from being stolen.

out for the stolen vehicle during their regular patrol.

Bait cars have also been used in the region in the past three years and have proven to be an effective tool.

These cars are set up in a location where car thefts often occur.

Thieves who try to steal the car are then arrested.

Auto thefts were down five per cent in 2006 from 2005 and Waterloo Regional Police have a 68.2 per cent recovery rate.

However, this still means 1,700 vehicles were stolen in 2006 and 540 were never recovered.

Vehicles that are stolen are often shipped out of the country, found at the bottom of a lake or burned so the car can't be properly identified, Doidge said.

If the thief wants to make money the vehicle is broken down and sold for parts or sold to unsuspecting victims.

If discovered the car is returned to the rightful owner and the buyer ends up out of a lot of money.

The best ways to protect yourself from this is to do vehicle checks on the Internet, talk to the previous owner or buy from a dealership.

"All (makes and models of) vehicles are stolen but usually not the really crappy ones."

Vehicles stolen more often than others include GM and Ford pickups, Dodge Neons and Shadows, vans and Honda products.

"It literally takes 30 seconds to steal some vehicles," said Doidge.

"Vehicles stolen more often than others include GM and Ford pickups, Dodge Neons and Shadows, vans and Honda products."

*Derek Doidge,
of the auto theft branch*

"Usually the ones (cars) that are looked after are not stolen," he said.

The techniques police have been using are proving to be effective. They are briefed at the beginning of each shift about all the vehicles that have been reported stolen.

After a vehicle is reported stolen the information is sent out to all squad cars and officers keep an eye

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Aries

March 21 - April 19

You detest being tied down and hate the word can't. Your strength and courage allow you to reach new heights in your personal and social life. Keep climbing that ladder of success as often as you can, great rewards are waiting.



Taurus

April 20 - May 20

You can be quite stubborn when you want to be, fierce when provoked and gentle with those you care about; a regular three faces of Eve. Try to keep your emotions intact; don't let the undeserving know your wrath.



Gemini

May 21 - June 21

Self-expression is very important and you often focus on ways to bring it to the surface. Turn to your youth for inspiration and talk to those who were around when you were young; you didn't get here on your own.



Cancer

June 22 - July 22

Much like shelled animals, you sometimes feel the need to hide yourself. What are you hiding from? Life is too short to always be afraid. Face the people or situations that make you uneasy, they don't deserve to rule your life.



Leo

July 23 - August 22

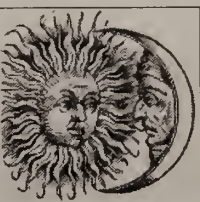
You've never been one to cower away when others make you angry; your backbone is made of steel. Even though you're not a designated peacemaker, stand up for those who can't stand up for themselves; your assistance will be appreciated.



Virgo

August 23 - September 22

Popularity appears to be a trait you were born with. The cool kids have always been your friends and making new friends has always been an occurrence rather than a challenge. Spread the love and keep going in the direction you are headed.



Tiffany McCormick is a third-year journalism student holding fate in the palm of her hand.



Libra

September 23 - October 22

You are harmonious and easy going by nature. You often long for the life of luxury but don't wait for it to be handed to you. Keep working hard for the things you want and when you get them, you'll know you deserve them.



Scorpio

October 23 - November 21

"Once upon a time" and "the end" seem to relate well to you. You often miss the middle of things but are always present for the start and finish. Try to remain for the whole process; every part is equally important.



Sagittarius

November 22 - December 21

You aim high and rarely miss your mark. You know what you want out of life and know how to go about getting it. Don't lose your focus but don't let your focus cloud your mind from other areas of your life.



Capricorn

December 22 - January 19

Obstacles and limitations are nothing new to you and your well disciplined manner allows you to accept them calmly as they arise. While respecting the boundaries is credible, don't let them hold you back from what you want.



Aquarius

January 20 - February 18

As a giving person by nature, you are never one to leave others out or stand for not enough. Don't let this attitude escape you as karma is looking your way. What goes around will come around to you; your kind and giving nature will be rewarded.



Pisces

February 19 - March 20

Your feet are a valuable possession as they get you from place to place and have always helped keep you balanced. Be cautious not to misuse your feet; don't make them run away when the only way to solve a problem is firmly planting yourself.

Roundabout mayhem

I'll be the first to admit that I test the point of no return when I speed through a yellow light, and rolling stops at stop signs are second nature to me. So when the city decided to install numerous roundabouts throughout Cambridge, it didn't seem like a bad idea. I didn't realize, however, that the general population would have such trouble with the concept of entering and exiting a circle.

What is it about that red triangle that confuses everyone? It's just a yield sign. According to The Official Driver's Handbook of Ontario, "it means you must let traffic in the intersection or close to it go first. Stop if necessary and only go when the way is clear." Let's break that down. Traffic in the intersection, or in this case the roundabout, has the right of way. I guess the school bus driver who cut me off while I was in the round-



Natalie Anderson

Opinion

about wasn't aware of that.

"Stop if necessary." Only if necessary. I can't count the number of times I have sat behind a car at an empty roundabout because the driver ahead of me apparently mistook that yield sign for a red traffic light. If there's nothing to yield to, don't yield.

In an uncontrolled intersection you must yield to the right of way, which means literally yielding to the car to the right-hand side. Now this is the part where things get really tricky. In a roundabout, traffic is to yield to the car on the left. I

know it's a complex concept. Yield to the car that would hit you if you cut it off, that's how I remember.

Living in the west Galt area of Cambridge, it makes the most sense for me to take Blair Road to and from school, meaning everyday I drive through a roundabout at least twice. I have seen more reckless and idiotic manoeuvres in that roundabout than anywhere else on the road.

There is nothing in the driver's handbook about roundabouts, just yield signs. And I don't remember anything on my driver's test about them. If the city is going to keep installing them, then maybe they should start testing people on how to drive through them. Or educate people through some sort of flyer or mass e-mail. Whatever it is, something needs to be done about driver's education on roundabouts or they should be taken out all together.



(Photo by Jason Sherritt)

Rick Andrade, Steve Parkinson and Neil McDonald of Kitchener-Waterloo's The Machines power down after rocking the Starlight on Feb. 7.

K-W's fine-tuned machines

By JASON SHERRITT

Two's company, three's ... The Machines, a local Kitchener-Waterloo indie rock band.

Playing together as The Machines for only the past year and a half, their debut album, After My Misspent Youth, was released in November of last year.

Steve Parkinson is the high energy, youthful-looking guitarist and singer. With freshly cut, fashionable hair it's almost as if the trim takes the years as well as inches off.

"We're a loud, fast rock 'n' roll band," said Parkinson. "A three-piece."

Neil McDonald, the smooth serving bassist and singer, added they're also "handsome and gentlemen."

"Yes," said the drumming dynamo of the band, Rick Andrade. "We'll only fondle you after the third date, that's our motto."

The jovial nature of the trio is effective and evident in their performances of the musical nature as well. They are also serious when it comes to what they do, the music

sounding very tight, together, real tried-and-true.

They were, and still are, so gearing to go that their first release of any kind is an entire album.

Parkinson said he didn't see any reason to put anything else out, like an EP, of which he is not a big fan.

"It costs the same and takes a little more work but if you got the catalogue, you might as well do it," he said.

"We went into the studio with about 20 songs and an EP would have made it far more difficult to figure out what to cut and what to leave on it."

McDonald said, "We had enough excellent songs, we couldn't possibly cut them."

"Plus Neil's a real dick about that," declared a giggle-ready, grinning Andrade. "He's like, I gotta have these songs on there, f*** you."

To which McDonald succinctly replied, "It's true."

One of the many McDonald-approved songs on After My Misspent Youth is a little ditty titled This Town in which the chorus claims, "This Town don't know

what I'm thinking. This Town don't know who I am."

Well K-W, here's a piece of mind, The Machines actually love this town.

Andrade believes it's a good time to be in or from Kitchener-Waterloo at the moment.

"With places like the Starlight, or smaller places like the Grad Room or the Circus Room, I dare say, it's good," he said, adding, "There seems to be a lot of really good bands in Kitchener right now."

Parkinson agreed that being in a band now is better than it has been.

"It's nice you don't have to go very far to put together a good bill, which hasn't been the case in a long time."

"We were just talking about the college charts the other day," said Andrade. "And it seems that there's always at least two or three Kitchener-Waterloo bands on there."

"The community thing is starting to build up again around here."

The Machines will be playing at the Huether Hotel on March 10 as part of the Go! Music Festival.

Women's hockey team comes up short

By ADAM BLACK

The women's hockey team fell short of their second tournament win at the Conestoga College Extramural Women's Hockey Tournament on Feb. 16.

The team played hard, but a tough semifinal loss to McMaster put their chances on ice.

"We tried really hard," said forward Michelle Mutszak. "But long shifts in our semifinal game just killed us."

The team started out strong, winning their first game against St. Lawrence College 3-1, with goals from forwards Amanda Parkins and Janette Hamell.

The next game was against the tough Humber Hawks. Both teams had won one game each against each other previously. In the end, Conestoga's solid defence and excellent puck handling would lead them to a 4-1 victory. Hamell had one goal and Parkins got a hat trick.

The final game of the day for the Condors would prove to be the most difficult against a tough McMaster team.

Conestoga would get on the board early, with Parkins scoring off the first shot of the game.

McMaster would tie the game after loads of defensive-zone pressure. The Condors would answer back, however, with Trish Beirns scoring seconds later.

McMaster got the go-ahead goal 40 seconds into the second period, with their forwards displaying excellent stick handling, which was too much for goalie Liz Batherstock.

The Condors would come close to tying the game in the dying seconds, but just couldn't beat the McMaster goaltender. Even though they were eliminated in the semifinals, the women took the tournament as a learning experience.

"We really came together as a team," said defenceman Brittany Swartzencuber. "Our first tournament we didn't know each other, the second one we had played together a little more, this one we've grown accustomed to each other. The passing has been better and we've learned each other's playing style so we know where to pass to."



Condor goalie Kim Maxwell slides from goal post to goal post to make an amazing save against a St. Lawrence College forward. The Condors went on to win the game 3-1.

The team's next tournament is on March 16 at Seneca College.



The Condor's and Humber Hawk's centres fight for a faceoff win in the Hawk's defensive zone. The Condors won the match 4-1.



The Condors celebrate their 4-1 victory over the Humber Hawks. Conestoga would lose in the semifinals of the Conestoga Women's Extramural Hockey Tournament on Feb. 16.

Photos by Adam Black

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AXION SILENCES THE THUNDER



(Photo by Annelise Thompson)

Lavliane Rougeau attempts to block a shot for Kim St. Pierre as Coley Dosser and Jayna Hefford cut toward the net. The Montreal Axion shut out their rivals, the Brampton Thunder, in the final of a three-game series.

By ANNELISE THOMPSON

The National Women's Hockey League offers up some of the best hockey around, but very few people know about it, even though there are many teams in the area, including the national champions, Brampton Thunder.

But on Feb. 17, Brampton's Thunder was silenced when the Montreal Axion shut them out 1-0 during the final of a three-game series between the rivals.

The lone goal came early in the second period, when Montreal's Annie Derossier managed to sneak one past Cindy Eadie's glove while

short-handed.

Throughout the rest of the game both of the teams peppered the net, but the goalies held their ground and kept the goals to one.

Yanick Evola, head coach of the Axion, was pleased with his team's performance, and knew that the game would be close.

"There's a few really, really good players on the Thunder and it's always tough for us to shut down Vicky Sunohara and Jayna Hefford," he said. "They also have a solid and balanced team with good forwards, good defence and good goaltending so it's tough to beat them."

The win was especially sweet to the Axion, as they were missing their captain Lisa Marie Breton to injury.

"Lisa Marie is a real sparkplug for us. She battles 100 per cent every game, so obviously it's tough for us; but at the same time there are other players who haven't gotten to play as much so this is a good chance and a big challenge for them to step up and help the team out," said Evola.

But Breton wasn't the player that Brampton was worried about.

Thunder head coach Donna-Lynn Rosa said Kim St. Pierre was the biggest obstacle her team has faced

during the last three Montreal match-ups.

"Our number 1 challenge was their goalie. They have a stand-up goalie and we need to get on her early in the game," she said. "The other thing is that getting every single player to elevate their game. I need 100 per cent of effort, 100 per cent of the time. That's what I want. I don't expect perfect plays all the time, but I do expect the effort."

She also said her team will need to get hungry by the time the playoffs arrive.

"Hunger is what we're working on for the playoffs. Tonight's loss

was exactly what we needed. I hate losing, but if we're going to lose I'd rather lose strategically because if this doesn't make them hungry then nothing will," said Rosa.

Forward Kathy Devereaux says she already knows what she's working on to improve her playoff game.

"I think for me personally it's important to win those battles and turn the puck over for my teammates," she said.

The playoff schedule has yet to be set by the league, but people interested in catching a game can check www.bramptonthunder.com for updates.

Thunder veteran watches new prospects

By ANNELISE THOMPSON

Former starting goaltender for the NWHL's Brampton Thunder Lisa Moreland made the trip to the Powerade Centre, in Brampton, Feb. 17 to watch her former team face off against the Montreal Axion.

Moreland, 30, left the team last season after becoming pregnant.

"It's different because when an NHL player has a baby they take a day or two off. For me it's at least a season, and then trying to get back into it, if that's what I want afterwards," she says that although leaving was hard it was time for the next chapter in her life.

"You can't just sit there and focus on one part of your life. Life is a journey, and there are lots of steps along the way and this was just the next step," said Moreland.

As yet, Moreland is still toying with the idea of coming back to the league for a few reasons.

One reason she may not return is she has no real ties to keep her in the

Brampton area.

"We're not originally from here, so we don't have any family around, and obviously with the first child you want to be able to see your family and stuff like that," she said, "so I'm just taking it day by day. I don't want to make any plans as of yet."

Secondly, she also has to take into consideration the amount of young, new talented players who are trying to break into the league.

"You have younger players that are coming up that are ready to play in the league, and while you're gone you have other players establishing themselves, so you just have to try out and hope for the best," said Moreland.

One of those new young goalies trying to break into the league is 17-year-old Cassandra McNichol, who has been invited to closed-door tryouts for next year's season.

"They've invited me to go to the invitational tryouts, which I'm very excited for and I've already gotten to practise with them," she said. "When

I got to practise with them they didn't treat me any differently which I liked. They treated me like I was one of them."

McNichol says her playing style is similar to Dominik Hasek or Roberto Luongo because she'll do anything to get to the puck.

"I've actually accidentally back flipped to get to the puck when I was already down on my back," she said. "It's a very odd style to say the least."

Her odd style is something that teammate and friend Vanessa Ley agrees on.

Ley, who is 18 years old, has only played one season with McNichol. She was also able to skate with the Thunder at a recent practice.

"It was an honour and great experience to skate with players at this level of hockey," she said.

Ley, however, will not try out for the Thunder next season as she plans on attending Wilfrid Laurier in the fall.

"I wanted to find a school with a

good hockey program, because I am interested in playing hockey at the highest level possible and it came down to looking at universities in the States and universities in Canada," she said. "I realized that I don't want to go that far away, and Laurier has a really great reputation and hockey program so I decided I wanted to go

there for the next couple years."

She also said that her dream would be to play for Team Canada either at the Olympics or World Championship some day.

"I just have so much respect for any woman who has made it to the National team that they're all someone I look up to," she said.



(Photo by Annelise Thompson)

Former Thunder goalie, Lisa Moreland, brought her five-month old son, Ethan, to the Powerade Centre in Brampton to watch her former team play on Feb. 17.



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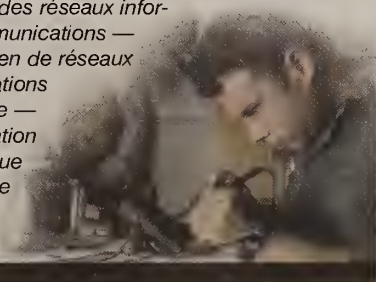
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Dangerous offender Jessica Kuepfer was a challenge for police to catch after she escaped from a cruiser via the driver-side door. Police had to carry Kuepfer by her arms and legs to stop her from struggling. This commotion occurred as part of a scenario held by LASA to give students hands-on field experience on Feb. 16.

Dangerous offender escapes on campus

By **BECKY SHARPE**

Four dangerous offenders being transported from a correctional facility to court ended up at Conestoga College Feb. 16, after an altercation forced correctional officers to make a detour.

The officers pulled into parking lot 1, and went to the back of the van to see what was wrong. They found one dangerous offender lying on the floor with a huge gash in his head.

Although the incident seemed real and dangerous, it was actually a safe offender transportation scenario held by LASA to give students hands-on field experience.

At the scene Kara Brake, who acted as a police investigator, was questioning witnesses about what they saw or heard after the incident.

LASA students played the roles of correctional officers, security officers, insurance investigators, police officers, crime scene investigators (CSI) and dangerous offenders.

Other students involved in the consolidation exercise were from the paramedic, broadcasting and journalism programs.

After discovering one of the offenders was injured, the correctional officers removed the other three offenders from the van while paramedics helped the injured man. Dan Pollard, 23, was in critical condition accord-

ing to paramedics at the scene who loaded him into an ambulance. Police said later that they thought he had died.

During the scenario, one of the offenders, who had been placed into a police car, escaped.

Jessica Kuepfer, who police said was in the correctional facility awaiting a trial date for murder, ran from the vehicle and back to the van to try and check on Pollard. Police gave chase and cornered her between two cars in the parking lot. Kuepfer struggled and put up a fight but police picked her up by her feet and arms and put her back in the police car, where her screams of frustration could be heard.

"You can't leave me in here," she said.

"This is cruel detainment."

The second female offender, whose name wasn't available as of press time, was in the correctional facility on drug trafficking charges.

Three CSI investigators arrived on the scene about 20 minutes after the incident and started inspecting the van. By then police had the scene barricaded and guarded by a number of officers.

James Phillips, co-ordinator of LASA, was happy with the students' role-playing responsibilities. "I'm very happy with the outcome of this scenario," he said. "The students stuck with their roles and did an excellent job. It went off very well."

Photos by Becky Sharpe



Police ensured bystanders and the media were kept well back from the scene.



Dan Pollard, 23, was rushed to hospital after being struck in the head while in the back of a police van.